

## PRACTICAL SUGGESTIONS

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A little aqua ammonia immediately used will remove stains on clothing and bedding made by Tr. Iodine.

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To remove the odor from the hands after using iodoform, wash well with soap and water, then rinse with vinegar.

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ADDING a little essence of peppermint to a soap and water or plain water enema helps to relieve flatulence and neutralizes odor.

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A frozen eggnog makes an acceptable change to a patient on a liquid diet, or for one needing nourishment, to whom a milk and egg diet is objectionable.

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To avoid the cold or clammy feet that often follows a patient's bath, I make a practice of placing a bottle of hot water in the bed as soon as the bath is finished.

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I have relieved obstinate colic in small infants, after simple remedies had failed, by laying the child, stomach down, on a hot water bottle, and giving a rectal injection of milk of asafœtida.

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When using chopped ice, if it is put into a sieve or strainer that fits the top of a bowl or pail, then covered with a napkin or piece of flannel, the ice keeps dry, and lasts a long time, even in a hot room.

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In making out a list of things needed for an expectant mother, I advise at least three short gowns for use during first week of puerperium. If you can once persuade a patient to wear them, she soon realizes their comfort and convenience.

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On a recent case in a small city, where the people did not keep help or have modern conveniences, they fastened a good-sized pail, attached to a strong cord, to the upper railing of the stairs. By drop-

ping to the hall below for any article needed, they saved many trips up and down stairs.

For first napkins for infant, I ask for one or one and one-half dozen made from best cheese-cloth, cut thirty-seven inches long, folded lengthwise, the three remaining edges sewed together. This makes a half-yard square of four thicknesses. To use with these for first week, small thin pads about six inches square made from any old soft material; these are burnt up.

IN answer to the question of caring for more than one patient, asked in the February JOURNAL, Miss Tooker, of the Michael Reese training-school, Chicago, writes: "In cases of severe illness of two members of a family, our doctors usually see that nurses are provided for each member, but in cases of moderate severity thirty-five dollars has, I understand, been charged; never, that I know of, more than that."

For a number of years I have used a very satisfactory bag made from denim and fastened with a shawl-strap. When open it is simply a square one and one-half yards long, with the corners for nine inches



Linen Bag Open.

in length and fifteen inches in width cut out. The corners are rounded and the whole thing bound with braid. It can be folded to carry any amount needed, is light to carry, and can be washed when soiled.

L. F. N.